

Disclaimer

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.



Simple Samosas

A baked version of this traditional Indian savoury snack

Ingredients

9 sheets of ready-made filo pastry

225g diced cooked potatoes

250g frozen peas (thawed)

2 minced onions

50g fresh coriander, finely chopped

1 tsp cumin

$\frac{1}{4}$ tsp cayenne pepper

1 egg (beaten)

Salt and pepper to taste

Olive oil (as needed)

Equipment

Oven

Large frying pan

Knife

Baking tray

Pastry brush

Method

1. Preheat the oven to 180°C.
2. Carefully, fry the onions in olive oil until they are soft.
3. Add the cumin and cayenne.
4. Remove the pan from the heat and add the potatoes, peas and coriander, making sure to mix everything thoroughly. Season with salt and pepper.
5. Use a knife to slice the filo pastry into 4-inch strips.
6. Brush the pastry strips with the beaten egg. Then, layer 4 sheets on top of each other.
7. Put a little of the filling mix in the corner of one of your filo strips and begin to fold the pastry over into triangular shapes until you get to the end of the strip.
8. Place each samosa on a baking sheet and lightly brush with the beaten egg.
9. Bake for 15 to 20 minutes until lightly golden brown.
10. Leave to cool slightly and enjoy!

**Makes approx.
8 samosas.**